

Summary

2015 AHA BLS for Healthcare Provider Changes

Immediate recognition and activation of emergency response system

- Call for nearby help upon finding the victim unresponsive.
- Continue to assess the breathing and pulse simultaneously.
- Activate the emergency response system or call for backup.

Shock first vs CPR first

- For witnessed adult cardiac arrest, chest compressions should be started immediately. Use a defibrillator as soon as possible. CPR should be provided while the AED pads are applied and until the AED is ready to analyze the rhythm.

Chest compression rate

- In adult victims of cardiac arrest, perform chest compressions at a rate of 100 to 120/min.

Chest compression depth

- Perform chest compressions to a depth of at least 2 inches/5 cm for an average adult. Avoid excessive chest compression depths of more than 2.4 inches/6 cm when a feedback device is available.

Chest recoil

- Avoid leaning on the chest between compressions to allow full chest wall recoil for adults in cardiac arrest.

Minimizing interruptions in chest compressions

- Minimize the frequency and duration of interruptions in compressions to maximize the number of compressions delivered per minute.
- For adults in cardiac arrest who receive CPR without an advanced airway, perform CPR with the goal of a chest compression fraction as high as possible, with a target of at least 60%.

BLS/CPR for Children; Part 5: BLS/CPR for Infants C-A-B sequence

- Although the amount and quality of supporting data are limited, providers should maintain the sequence from the 2010 Guidelines by initiating CPR with C-A-B over A-B-C.

Chest compression depth

- Rescuers should provide chest compressions that depress the chest at least one third the anteroposterior diameter of the chest in pediatric patients (infants [younger than 1 year] to children up to the onset of puberty). This equates to approximately 1.5 inches (4 cm) in infants to 2 inches (5 cm) in children. Once children have reached puberty (ie, adolescents), the recommended adult compression depth of at least 2 inches (5 cm) but no greater than 2.4 inches (6 cm) is used.

Chest compression rate

- To maximize simplicity in CPR training, the adult chest compression rate of 100 to 120/min is used for infants and children.

Compression-only CPR

- Conventional CPR (rescue breaths and chest compressions) should be provided for infants and children in cardiac arrest. The asphyxial nature of most pediatric cardiac arrests necessitates ventilation as part of effective CPR. However, because compression-only CPR can be effective in patients with a primary cardiac arrest, if rescuers are unwilling or unable to deliver breaths, we recommend rescuers perform compression-only CPR for infants and children in cardiac arrest.

With an Advanced Airway ----- Ventilation during CPR with an advanced airway

- With an advanced airway in place, deliver 1 breath every 6 seconds (10 breaths per minute) while continuous chest compressions are being performed.